

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Slow Flow for Chakra Balancing (Rachel / Shelly) 60 min Level 1-2	9:00 am Awaken & Flow Yoga (Shannon) Level 2 60 min	9:00am Soulful Flow & Surrender (Talei) Level 1-2 60 min	9:00 am Energy & Flow Yoga (Michelle) Level 2 60 min	9:00 am Yoga Sculpt (Talei) Level 2 60 min	9:00 am Internal Fire & Flow (Rachel) 60 min (Level 2-3)
10:30 am Relax & Restore Yoga (Rachel or Shelly) 60 min Therapeutic inspired		10:30 am Gentle Beginnings Yoga (Talei) 60 min (Therapeutic inspired)		10:30 am Gentle Yoga with Restorative Flair (Talei) 60 min Therapeutic inspired	10:30am Gentle Yoga for Stretching & Stillness (Shelly) 60 min Therapeutic inspired
4:30 pm Flex & Flow Yogalates (Shelly) Level 2 60 min		4:30pm Mat Pilates (Heather) 60 min Level 2			
6:00pm Viniyoga Inspired Yoga (Luda) Level 1-2 60 min	6:00 pm Barre Fusion (April) 60 min Level 2	6:00pm Prana, Flow & Peace (April) 60 min Level 1-2	6:00pm Slow Evening Flow Yoga (Shelly) 60 min Level 2	WORKSHOPS	
	7:30pm Deep Stretch & Restorative Yoga (April) 60 min Therapeutic inspired		7:30 pm Gentle Yoga for Stress Relief (Shelly) 60 min Therapeutic inspired		

Your Karma – Limited schedule September 2020

**ALL CLASSES ARE LIVE IN STUDIO AND VIRTUAL. STORED
VIDEO ACCESS IS AVAILABLE TO CERTAIN MEMBERSHIPS.**